SUICIDE PREVENTION

Presented by
PFC John A. Gaffaney
Mental Health Specialist

LTC Lonny R. Natter
Division Psychiatrist

Division Mental Health Service

- Statistics
- Definitions
- Awareness
- Prevention
- Review

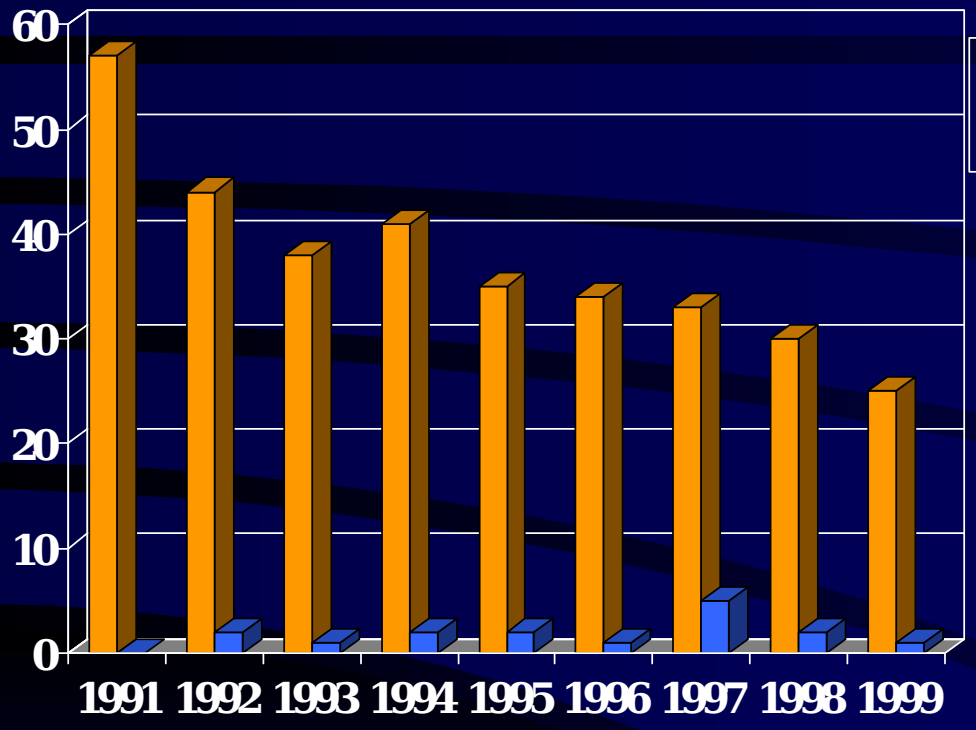
U.S. Statistics

- 30,000 suicides last year
  - that's 1 suicide every 17 minutes
  - 6,500 of those were "Young Americans"
- 1,000 suicide attempts daily
- 9th leading cause of death nationwide
- 3rd leading cause of death amongst those ages 15 to 24 years
- National average is 12.0 suicides for every 100,000 people

Army Statistics

- Suicide rates in the military are generally the same as in the civilian sector
- In 1997 there were 57 active-duty suicides in the army
  - that's 11.6 suicides for every 100,000 soldiers
  - in 1996 the rate was 13.4 suicides for every 100,000 soldiers
- Over the past 10 years the rate has ranged from 11.6 to 14.2 suicides for every 100,000 soldiers

2ID SUICIDE STATISTICS



Year	Attempts	Completions
91	57	0
92	44	2
93	38	1
94	41	2
95	35	2
96	34	1
97	26	5
98	31	2
99	25	1

Definitions

- Suicidal Ideations
- Suicide Gesture
- Suicide Attempt
- Suicide

Suicidal Ideation

- Thoughts to kill oneself without a deliberate act of self-harm

Suicide Gesture

- A deliberate act of self-harm that is not fatal and in which death was not really the goal

Suicide Attempt

- A deliberate act of self-harm that is not fatal, but in which death was the goal

Suicide

- A deliberate self-inflicted death

AWARENESS

Warning Signs

- Previous suicide attempts
- A family history of suicide
- Loss of a friend through suicide
- Loss of a loved one
- Recent break-up of a significant relationship
- Pending UCMJ action
- Financial problems

Warning Signs

- Dramatic drop in job performance
- Withdrawal from others
- Confusion
- Threatening to commit suicide
- Over emphasizing a lack of suicidal thoughts

Warning Signs

- Preoccupation with death
- Talking about death or committing suicide
- Making a will
- Giving away valued possessions
- Making specific plans and access to lethal means

SADPERSONS

- S - SEX
  - Females are 3 times more likely to attempt suicide; males are 3 times more likely to succeed.
- A - AGE
  - 15 to 24 years old area at very high risk
- D - Depression
  - Sad, tearful, irritable, poor sleep, poor appetite, hopelessness

According to DA Pamphlet 600-70 “GUIDE TO THE PREVENTION OF SUICIDE AND SELF-DESTRUCTIVE BEHAVIOR”

* Depression is a contributing factor in 75 to 80 percent of all suicides

SADPERSONS

- S - SEX
  - Females are 3 times more likely to attempt, males are 3 times more likely to succeed.
- A - AGE
  - 15 to 25 years old area at very high risk
- D - Depression
  - Sad, tearful, irritable, poor sleep, poor appetite, hopelessness

SADPERSONS (cont)

- P - Previous attempt
  - Much more likely to try again
- E - Either drugs or alcohol
  - Often involved in suicidal behavior
- R - Rationality (Loss of)
  - Strange or uncharacteristic behavior
- S - Social support (Lack of)
  - Loners, newcomers, separated from friends or family

According to DA Pamphlet 600-70 “GUIDE TO THE PREVENTION OF SUICIDE AND SELF-DESTRUCTIVE BEHAVIOR”
One of the causes of suicide is:

* Loss of “support systems” or “emotional safety” which comes from moving to a new environment

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SADPERSONS (cont)

- O - Organized plan
  - Higher risk than vague thoughts
- N - No significant other
  - Loss of spouse, close friend, relatives
- S - Sickness
  - Chronic or terminal illness

PREVENTION

What can you do??

- Believe it
  - Take any signs or threats of suicide seriously
  - Nearly 80% of those who attempt or commit suicide give some warning of their intentions

What can you do??

- Listen Carefully
  - Keep the lines of communication open
  - Don’t be afraid to ask questions. You are not going to give them any ideas about suicide simply by asking

What can you do??

- Maintain confidentiality
  - Provide a private area for the soldier to discuss his or her issues
  - The soldier's situation should only be discussed with others on a need to know basis

What can you do??

- Get help
  - Contact Division Mental Health, Unit Chaplain, or Emergency Room Staff

What can you do??

- Be there
  - Be supportive and show that you care
  - Do not leave him or her alone
  - Follow-up by encouraging him or her to continue with treatment

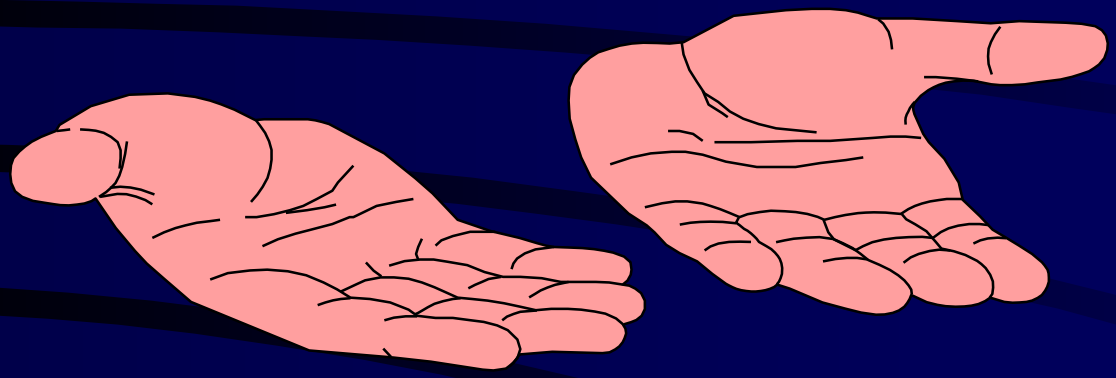
Provide A-I-D

A	ASK	Don’t be afraid to ask
I	INFORM	Inform others immediately
D	DON’T	Don’t leave the person alone

REVIEW

- Recognize the signs
- Don’t be afraid to ask
- Get help from DMHS, Unit Chaplain, or Emergency Room Staff
- Don’t leave the person alone

The Key to Suicide Prevention



BEING ALERT TO THE WARNING SIGNS AND REACHING OUT TO THE SUICIDAL PERSON

Suicide is.....

a Permanent Solution

to a

Temporary Problem

Who To Call

- DMHS Camp Casey 730-4304
- DMHS Camp Stanley 732-5143
- Camp Casey Emergency Room 730-6142
- Crisis Hotline 24 Hours Dial 101
- Unit Chaplain

Help is available 24 hours a day

Lonny R. Natter, M.D.
LTC, MC
Division Psychiatrist

Clinic 730-4304
Office 730-4311

Questions ??